

Thursday



AMERICAN OSTEOPATHIC ASSOCIATION

TREATING OUR FAMILY AND YOURS

## Spring Cleaning for Your Health Weekend Checklist

Friday

### Start your weekend by scheduling physician appointments for yourself and your family

- ✓ Aside from calling your primary care physician for your annual physical now is a good time to make appointments with specialists and other health care professionals, including:
  - Gynecologist
  - Dermatologist
  - Dentist
  - Ophthalmologist or optometrist
- ✓ While calling to schedule appointments, take time to make sure your physician or health care provider still accepts your insurance plan.
- ✓ Start a list of questions you would like to ask your physician during your appointment, such as advice on vitamins and supplements, and concerns about medications and their potential interactions. If your weight is a concern, make a note to discuss starting an exercise routine and what changes can be made to your diet.

### It is scary to think your home could be making you sick, but that can be the case, especially for those with allergies and asthma. Set aside time Saturday to tackle household chores to help make your home a cleaner and healthier place

Saturday

- ✓ Clean out the medicine cabinet and dispose of old medications safely. \* See "Steps to Safe Medicine Disposal"
- ✓ Replace furnace filter. Most filters need to be replaced monthly but filters in high-efficiency furnaces can be changed every three months.
- ✓ If you have one, change carbon filter in bedroom air filter. The filter should be replaced every six months.
- ✓ Wash window screens to remove pollen and mold. Also, vacuum or wash window treatments.
- ✓ Vacuum and clean out the exhaust fan in bathroom.
- ✓ Dust ceiling fan blades.
- ✓ Vacuum mattress to remove dust, dander and dust mite build-up. Wash mattress pad if you use one.
- ✓ Recycle old magazines and newspapers that are collecting dust.
- ✓ Move paints or solvents out of the house and into the garage or shed.

### Now that your home is clean, purchase supplies and products to help maintain a safe and healthy environment in your home

Sunday

- ✓ Purchase any new supplies needed for the medicine cabinet, including over-the-counter medications, first-aid supplies and seasonal products, i.e. sunscreen for summer, cold medication for winter.
- ✓ Buy, if needed, new filters for furnace. Consider buying a carbon filter for the bedroom air filter.
- ✓ Consider replacing items like plastic shower curtains with cloth versions which are easy to wash to avoid mildew.
- ✓ Try fragrance-free, plant-based cleaning products or making your own cleaning products to help minimize asthma or allergy triggers. The Environmental Protection Agency's Design for the Environment Program enables consumers to quickly identify and choose products that can help protect the environment. \*\* Learn more about using safer cleaning products

\* [www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/Documents/spring-cleaning-for-your-health-steps-to-safe-medicine-disposal.pdf](http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/Documents/spring-cleaning-for-your-health-steps-to-safe-medicine-disposal.pdf)

\*\* [www.epa.gov/dfepubs/projects/formulat/formpart.htm](http://www.epa.gov/dfepubs/projects/formulat/formpart.htm)